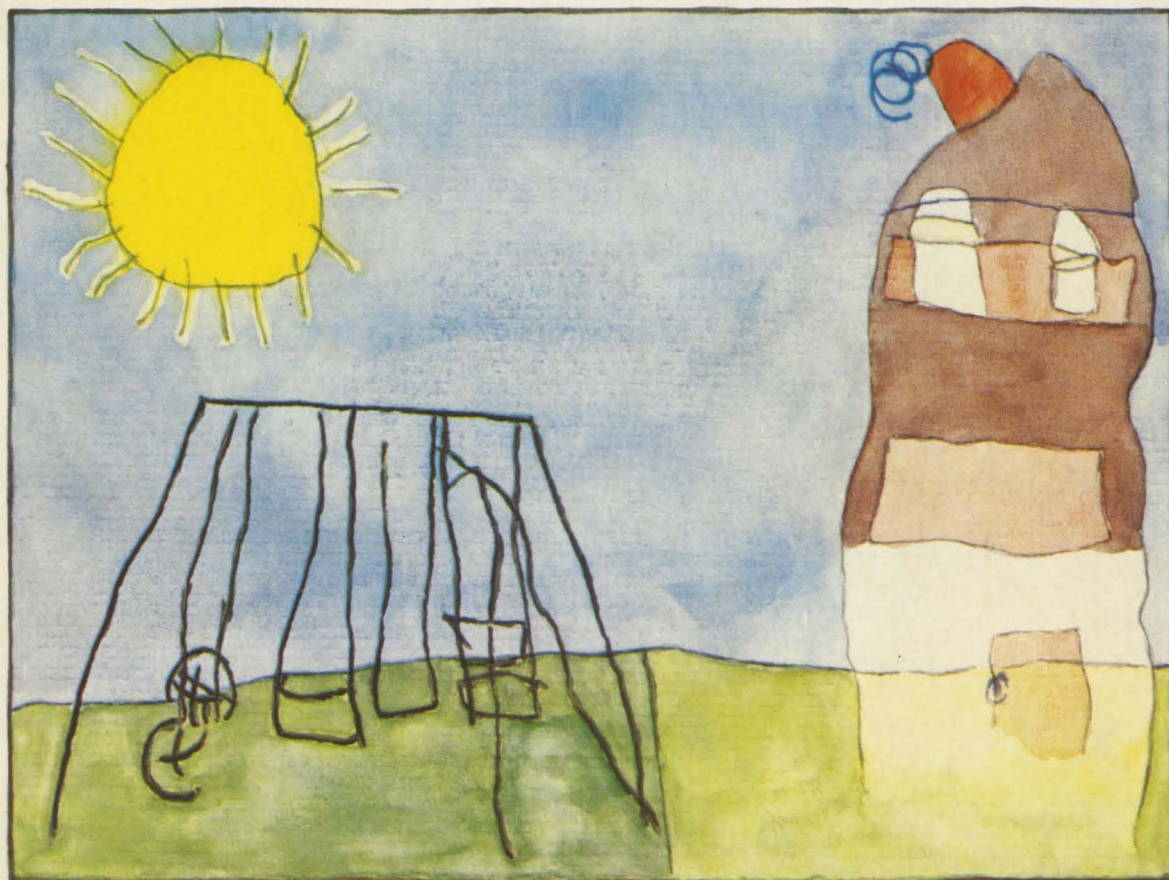
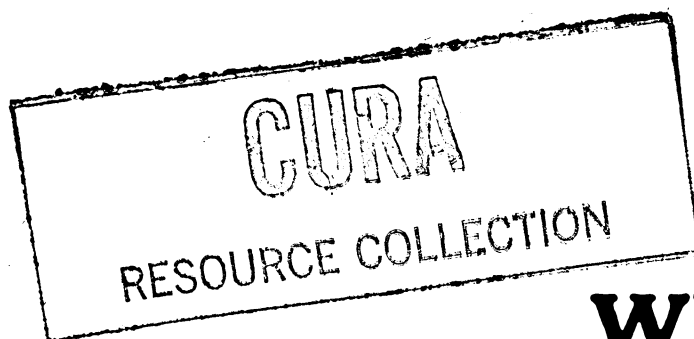


CURA**Family Day Care:** RESOURCE COLLECTION**A Self-Portrait**

Prepared under the auspices of the Ramsey County Family Day Care Training Project, sponsored by the Ramsey County Welfare Department with the Minnesota Department of Public Welfare and the Greater Saint Paul Council for Coordinated Child Care, administered by the Center for Urban and Regional Affairs at the University of Minnesota, and funded under a Title IVA grant.

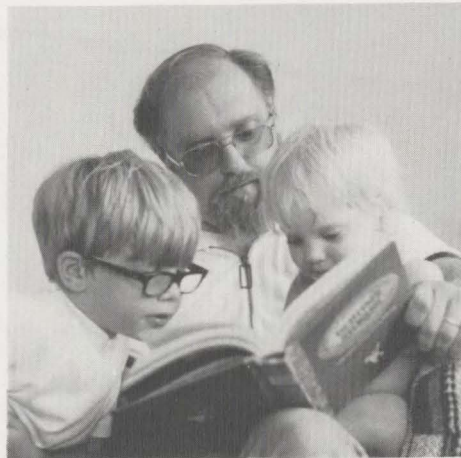
Family Day Care: A Self-Portrait



Who Am I?

"I am a human being, a woman, wife, lover, mother, substitute mother, cook, maid, launderess, chauffeur, teacher, nurse, dietician, electrician, plumber, gardner, painter, seamstress, accountant, consumer, upholsterer, tax expert, zookeeper, guide, guard, student, referee, librarian, receptionist."

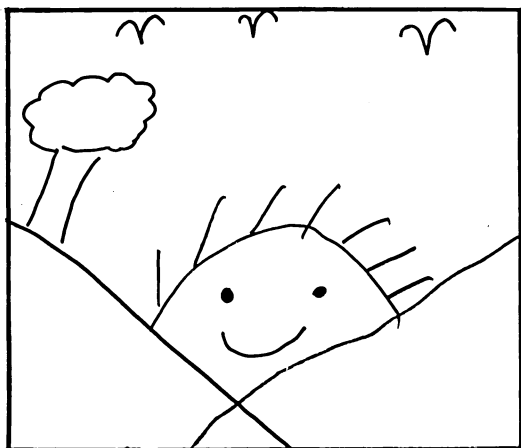
I am a Family Day Care provider...



I'll tell that to anyone with pride!



In the beginning...



Society has always needed to be concerned with the well-being of children. Children are the future, the most valuable resource for insuring a tomorrow.

Child care has taken many forms throughout history. Today family day care is the preferred child care alternative for many working parents, and the reasons cited are many and varied.

- Family day care is easily accessible in neighborhoods.
- It provides supervision for children of all ages, including infants, toddlers, pre-schoolers, and school-age children.
- It allows older and younger brothers and sisters to be cared for together.
- It provides an intimate, family atmosphere for children.
- It is less costly than other child care services.

Family day care is the most sought after child care service outside the

family home.

In 1972, a group of family day care providers in Ramsey County met to discuss child care, themselves as providers, and the needs of children and the community. They discovered among themselves common interests and concerns and a common desire to provide the best possible care to the children in their charge. Upon recognizing that each one of them was not alone in her thoughts and feelings, they determined to act on their ideas and promote a training program which would meet their personal and professional needs and thereby improve child care in the community. These committed family day care providers organized into the Ramsey County Family Day Care Association and then approached appropriate community agencies for help and support.

The Family Day Care Training Project was born out of the ideas of concerned family day care providers and the commitment of community agencies and

organizations. Now, under the sponsorship of the Ramsey County Welfare Department and with the cooperation of the Greater Saint Paul Council for Coordinated Child Care and the Center for Urban and Regional Affairs at the University of Minnesota, the Family Day Care Training Project is not just an idea, but a reality.

This book is a description of family day care in Ramsey County and of the Family Day Care Training Project. It is a portrait of family day care homes, family day care providers, and the project which serves them. The material for this book was contributed by many persons involved in family day care and in the project. For this reason the book is called Family Day Care: A Self-Portrait. It is their story, their book.

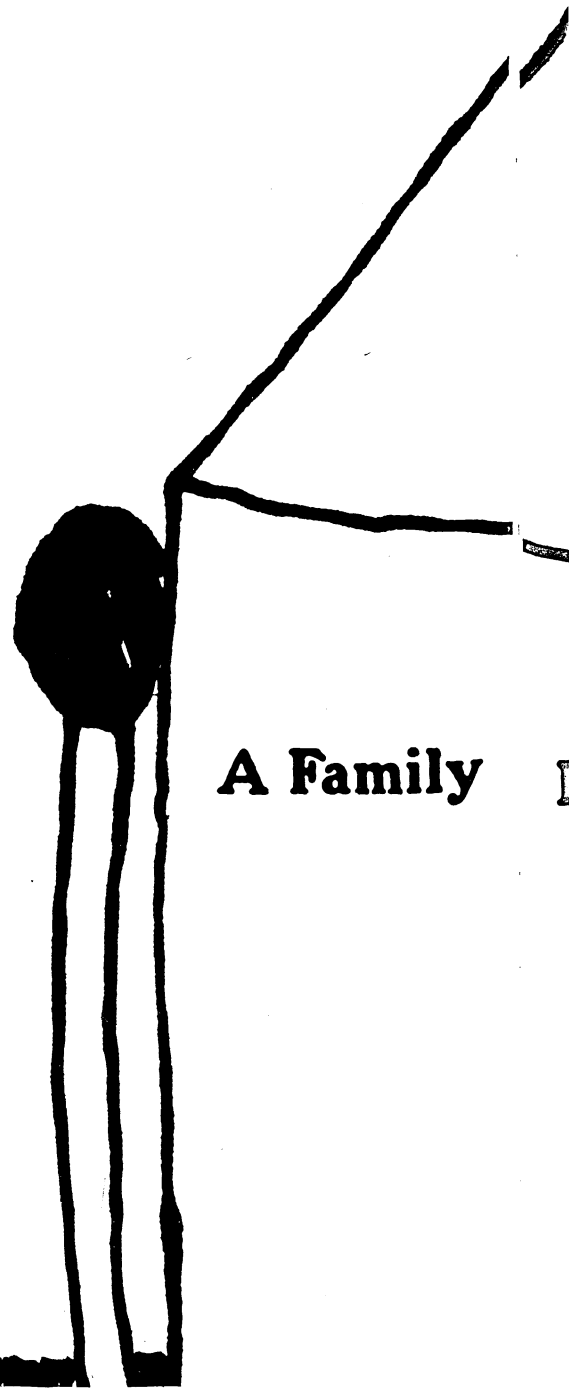
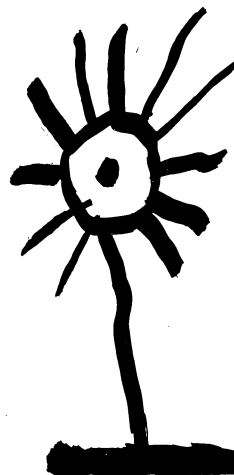
To: Friends of Family Day Care
From: The Ramsey County Family Day Care
Association

The Ramsey County Family Day Care Association is an organization of licensed family day care providers interested in family day care. The goals of the Ramsey County Family Day Care Association are:

1. To improve the child care skills of family day care providers.
2. To develop high quality developmental care for children through certified family day care homes.
3. To develop special services for children through specialized family day care homes.
4. To increase the parent responsiveness of family day care homes.
5. To make available safe and good toys to all family day care homes.
6. To increase the use of volunteers in family day care homes.

We are interested in sharing with and learning from each other and the community at large. We think family day care has much to offer the children of working parents. Even those of us who have much experience can learn more, often from each other. We also have needs of our own and we think that our get-togethers give us a good opportunity to make lasting friendships with others in the same occupation.

A Family





Day Care Home means...

Family...

"I view Family Day Care as an extended family and all the family members cooperate and assist in the care of the children."

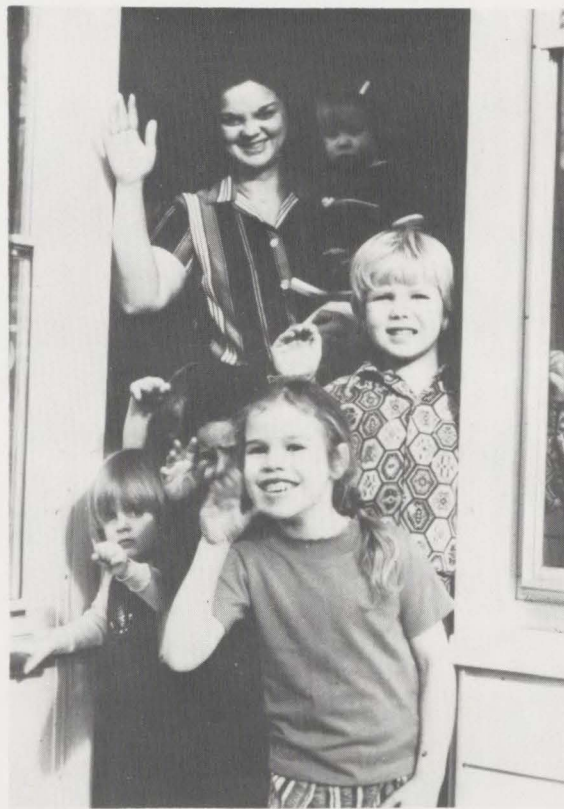
"(My husband) helps me with all the kids and they all love him. I think he is a good male image for them."

"Children are in a home environment. They learn that people have to make meals, wash dishes, sweep floors, wash clothes, iron and fold clothes."

"My own child calls me by my first name because everyone else in the house does. While they're here, I'm just as much a momma to everybody."



**"Are
ALL those
kidS
YouRS?!"**



Love...



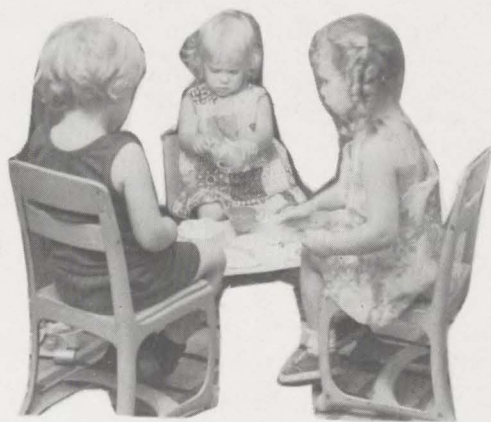
"I had one little girl about six who would say, 'I'm ugly. Nobody likes me.' And she would clench her fists and sit with her legs very stiff. Then I'd say, 'I think you have nice hair. I like your hair. Your hair is just like your mommy's.' While I was talking to her, I would touch her hair to show her I did like her hair. The talking and touching seemed to help and a smile would slowly begin."

"Someone should tell them just how important our children are."

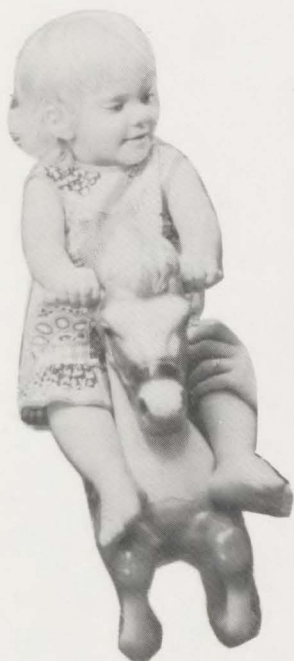
"Wiping noses, handing out snacks, preparing meals, picking up toys, changing diapers, comforting the children, listening to the children, lots of holding, hugging, and just being there to be able to say 'It's okay. We'll work it out.' That's how the majority of my day is spent."



Playing...



"I didn't get out the easel very often. My two toddlers came in and made such terrible messes of everything. Now we use our messier paints in the summer, outside. The kids can even paint the trees if they want to, and I don't have to clean up. I just run the kids through the sprinkler. If the paint spills, we scoop it up, sand and all, and then we have texture paint."



"Whatever we do, however they behave, those kids should be able to feel good about themselves."

Learning...



"I have learned to trust the children. I let them learn by their mistakes. Sometimes they find a better way."

"It's a great feeling to know you have a hand in guiding a child into adulthood."

"The field trip course was great. Before, I was hesitant to take the kids out of the yard. Now, we go everywhere."

"I put all the letters of the alphabet onto the lower wall so they are eye-level with the kids. When I'm fixing lunch, I'll put the milk carton on the table, point out the letter M and tell the kids 'M is for milk.' It helps the kids learn their letters."

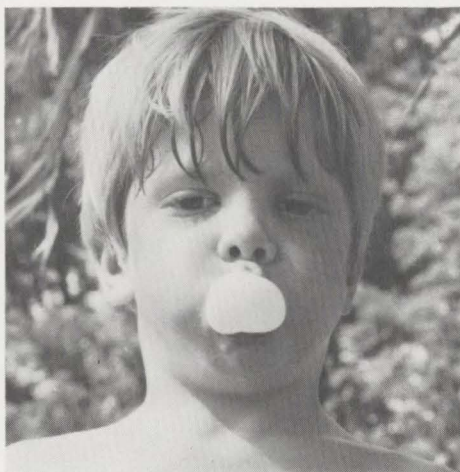
"When I've got housework to do, I involve the kids in it. They love to watch the vacuum gobble up dust. The toddlers throw dirty clothes-and anything that fits-down the clothes chute. The older kids help sort, load the washer, and measure soap. There's a special joy for them in saying 'I did it.' "

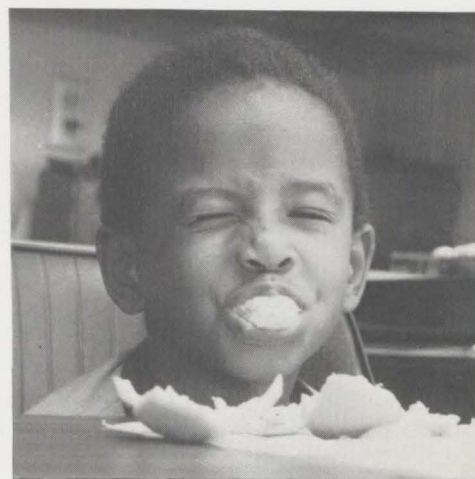
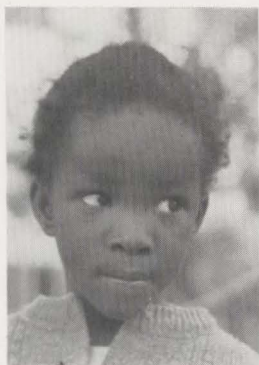


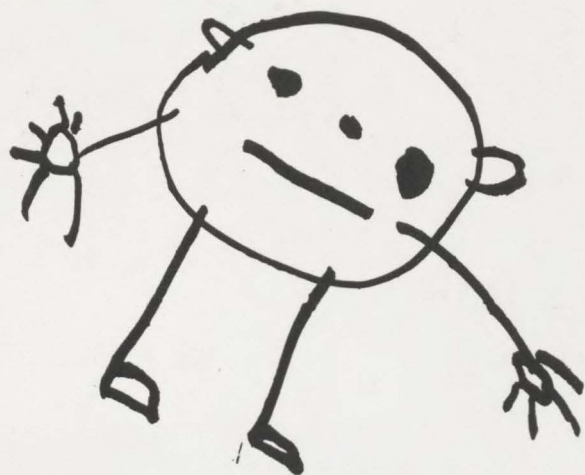
AIRPEF



A Family Day Care Home means children.





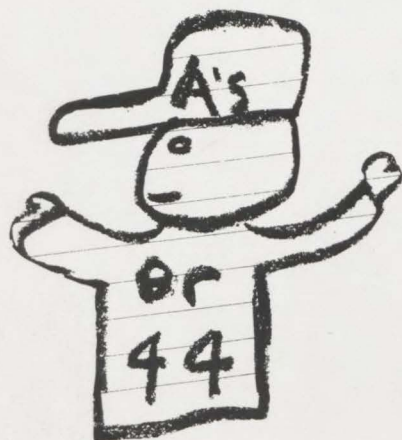
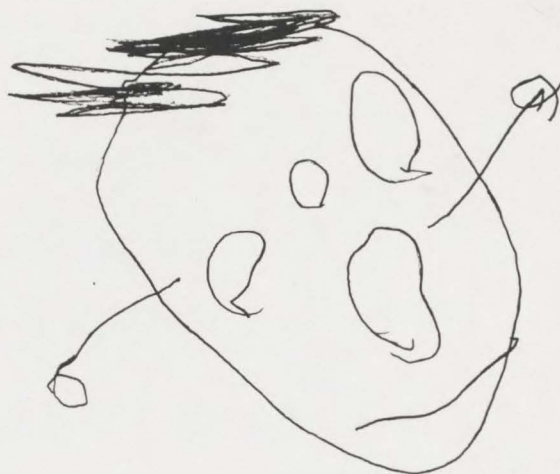
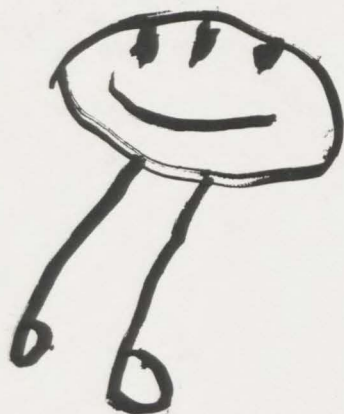


Minnesota 92
Vikings



vs New
York





and —

**“Oh! The
constancy
of it all...
sometimes
it is just
like a
ROAR!”**

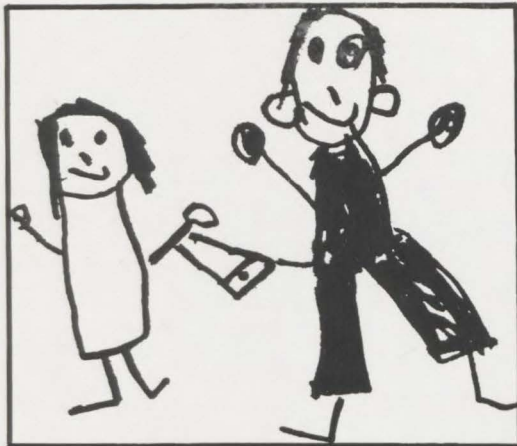


"It's
never
one
runny

nose."

It's five."

Parents



"A Day Care Mother should teach and train a child, working closely with the parents of the child. In order for the child to be happy and well cared for, the relationship between the parents and the Day Care Mother must be a good one."

"Family Day Care is good for working mothers. The quality of time the mother—either working or housewife—spends with a child is more important than the quantity. Family Day Care is good for the Day Care Parent as well as the child."

[?]
do
you have
THE
information
YOU NEED
to choose
one
^{???}
?



To Parents:

For anyone who is in need of child care services and who is interested in exploring family day care as one alternative, there are a set of guidelines to follow.

*Begin by asking the County Welfare Department for a list of names of licensed family day care providers near your home, then visit two or three with your children before you choose.

*In choosing a family day care home, try to find one in which the caregiver's values and ideas about children are similar to your own. Take the time to talk with the caregiver, and as you do, ask yourself these questions:

- Does the caregiver seem to like the children for whom she is caring?
- Does the caregiver have a sense of humor?

- Does the caregiver really listen to the children's questions and answer them directly?
- What toys and books are in the home?
- How is the house kept?
- Is there room for active indoor play and is there adequate, safe space for outdoor play?

*Ask for references from parents who have used the home.

*When you have chosen a home, make a written agreement with the caregiver-- including a payment schedule and provisions for overtime, absent days, vacations and holidays. Discuss what clothes the child will need, what foods the child should or should not get, what will happen if the child or the provider should be sick.

*Leave written permission for the caregiver to take your child to the hospital if it becomes necessary. Also



Family Day Care Home

leave the name and policy number of your health insurance. Give the caregiver your work number, your spouse's number, your doctor's number and the number of another relative or friend.

The first two weeks of the arrangement can be designated a trial period to check out whether or not the agreement is workable and whether or not the child and home are compatible. Discuss any problems that may have arisen and consider modifying the arrangement. Some arrangements, for no particular reason, will not work out, but don't act hastily. Because children need consistency as well as love, it isn't good to change homes often.

Deciding on a family day care home may be a difficult, thoughtful process. But taking the time to make that decision can be rewarding for you, for the family day care provider, and most importantly, for your child.

A Mother's View "Thank You"

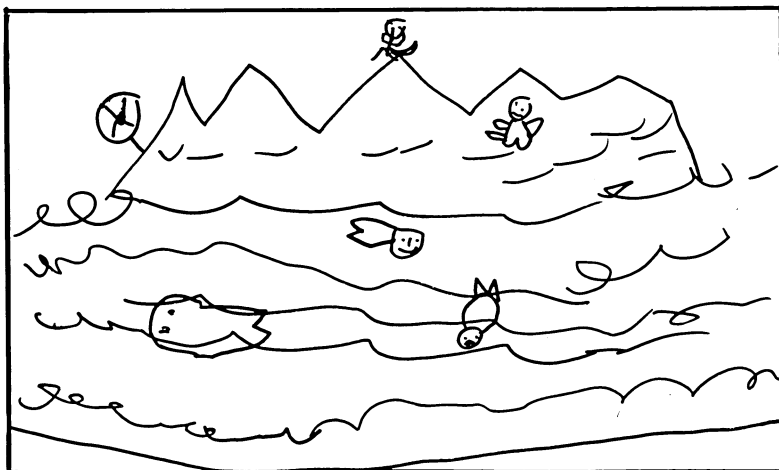
Where would I be without you? You, who stays home each day and cares for my child, because I must work.

I thank you, not for being a "substitute" mother, but for being a mother to him. Mother and love are interchangeable words to a growing child and because of you he has grown, not only because you feed him or change him, but because you care for him, talk to him, listen to him--the things I only share with him on weekends and my days off.

Family Day Care has become a way of life for thousands of children and, as a parent, I am grateful that I can leave my child and know he is growing physically, mentally and emotionally within family care in your guidance. Care that will last him a lifetime because of a normal childhood.

The Family Day Care Training Project

"One of my kids asked me, 'Why do you have to go to school?' I asked her if she thought being a grown-up meant a person knew everything."



Back in 1971, the day care licensing social workers were beginning to hear from providers that they wanted and NEEDED training to respond more sensitively to day care children and their parents. We never dreamed so much would happen in such a short time. Between day care mothers, licensing staff and other disciplines, the ideas for this Project began to gel.

The greatest worry was whether or not the contracts would be approved by the Welfare Board. WELFARE is a natural political target. Politically then, the easiest move is for a Welfare Board to approve only those programs which "pick up the pieces." The public will generally agree there must be welfare programs for victims of child abuse, alcoholism and mental illness. Money spent on a preventative service is another matter. The Ramsey County Welfare Board and the Welfare Director are to be commended for looking beyond the politics of the day and

making this investment in behalf of little children BEFORE they become troubled.

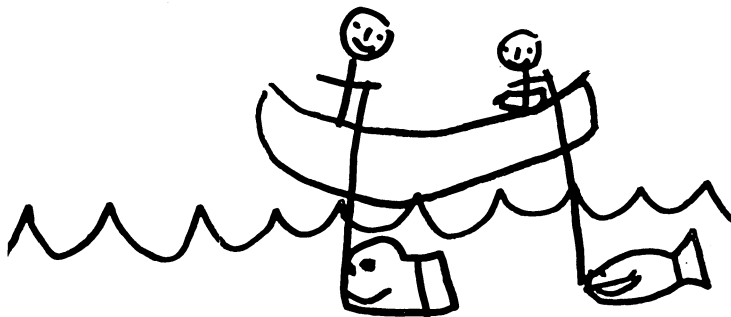
Family day care moms and dads are a special kind of people. The community doesn't always understand them and at times may comment that they're "crazy" to want to have a houseful of kids around each day. Family day care people are those kind of folk who have so much love inside they want to share it with other families. And that is exactly what they're doing when they really get involved with their job as day care parents.

Through this Project, family day care people have been able to responsively make their training needs known. It is exciting to be involved with such a caring group of care-givers.

Shirley Kluznik
Supervisor, Family Day Care Licensing
Consumer, Family Day Care Services

training opportunities

The FAMILY DAY CARE TRAINING PROJECT is people, resources and organizations combining to provide better care for children.



*Emphasizing and promoting a variety of training options.

*Credited coursework from the University of Minnesota

- some courses specially designed for family day care providers.
- presented through the television and radio media, neighborhood discussion groups, and/or formal lecture classes.
- leading to a 12-credit certificate in child care.

*Home based training with a Family Day Care Training Project Consultant

- presented in the homes and neighborhoods of family day care providers.
- leading to a 6-hour training certificate in child care.

*Workshops composed of short lectures, group discussions, demonstrations and activity sessions on topics related to child care, such as:

- health
- nutrition
- play activities
- "how to make" inexpensive, educational toys
- cultural differences

*Field trips: opportunities for exploration, learning and fun for family day care providers and children.

*Coursework offered by Area Vocational-Technical Institutes and community programs.

*Engaged in a program of 50% University coursework and 50% field experience to prepare for new and expanded career opportunities in child care.

*Providing training in health, nutrition and child development to family day care providers in their homes and neighborhoods.

*Organizing neighborhood action and support groups.

*Providing support and referral services to family day care providers.

*Serving as liaison between family day care providers and community agencies.

*Promoting community recognition of the importance of the family day care service.

*A community child care resource center.

*A toy and book lending library providing a variety of educational toys, equipment and books to family day care providers who want to supplement their own supply.

*A toymobile (bus) carrying toys, activities, child care information and training to family day care providers throughout the county.

*A cooperative for purchasing creative play materials at a reduced cost.

*The new home base for the Family Day Care Training Project.

consultants

toys 'n things



some comments:

"I wish I had taken the course earlier when I was raising my own children."

"It got me interested in going back to school."

"I learned I was already doing a lot of things right. But that wasn't enough. Those kids are so important to me, I wanted to do everything right."

"Training helped upgrade the status of the Family Day Care Mother, both in her own eyes and in the mind of the public."

"If we learned nothing else in the training project, we learned we're not alone. Someone else has our problems... perhaps someone out there has a solution."

"When I first started day care, I thought I had a pretty good thing going for the children in my care. Through this one course I learned differently."

"I have always looked for things for the children to do while in my care, but for all the wrong reasons. I used to go to the library to get books to read them so they wouldn't tear the house apart when they have the tendency to get wild. I would just read to them just for something to do. That's changed so that now I take them with me for the experience of the library and so they may look at the books, to see one that may interest them for me to read."



"When I first went to Toys 'n' Things, I could only see the toys that were big and expensive. But after the first workshop, I saw the little things with multi-purposes. My choice of toys is so different from when I first started day care. I no longer buy the battery operated toys with the hypnotic movements. I look for toys to improve their imagination, coordination, and to include them in the movement."

"Since attending the class, I have been taking 15 minutes to a half hour almost every day, moving and dancing to music. It's very interesting watching the children express their own ideas and feelings. They are very creative, especially the three and four year olds."

"The class on problem solving was very enlightening. I took quite a few interesting notes during class and have reread them several times and given them a great deal of thought. If people have a natural desire and drive to solve problems, doing things for them is probably going to deaden that incentive."

"The programs, discussions, meetings and assignments dealing with feelings and emotions throughout the year were especially appealing to me. I have always felt that a child's feelings and emotions should be handled with a great deal of consideration and understanding."

"I found that we grown-ups take quite a bit for granted about the knowledge children have of the world around us."

"The toy session on problem solving gave me a lot to think about. Before the class, I had often wished some of the children could solve more of their own problems themselves. Example: how to unzip or unbutton a coat. What do you do when another child is irritating you? I really did not know how to go about helping the children."

"After the class, I had some steps to follow. I felt rewarded today when Justine (2 years old) lay on the floor fussing and crying, and Marcus (two years old) bent down by her, asking, 'What's the problem?' 'What's the problem?' 'What's the problem?' Justine gave no answer, but she stopped crying and he simply said, 'Feel better now?'"

Participation in the Ramsey County Family Day Care Training Project
during the two-year demonstration period has included:

<u>Specially Designed University Course Work</u>	<u>Participants</u>	
"Preparing Children for the 21st Century" FSoS 3-970; FSoS 5-230 3 credits TV, workbook and discussion groups	credit 107	audit 30
"Who's Taking Care of Your Child?" SW 3-9704 3 credits Radio, workbook and discussion groups	credit 91	audit 71
"Cognitive Development in Children- Learning Through Experience" GC 1-061 3 credits Field trip and toy workshop with seminars on learning theory	credit 55	audit 2
"Cognitive Development-Field Experience" GC 1-067 2 credits In 1973, a total of 1,061 adults and children participated in field trips. In 1974, a total of 735 persons participated in the field trips.	credit 22	audit 2
"Parenthood" FSoS 1-025 3 credits 4 TV presentations, 3 lecture/discussions and 4 workshops	credit 39	audit 8
"Who Am I? - Women's Concerns in Family Day Care" FSoS 5-240 3 credits	credit 15	audit 4
<u>Regular University Courses</u>	credit 10	
<u>Coursework at other Institutions</u>	credit 4	
TOTALS	343	115

Certificates awarded for completion of 12 University credits	37
Certificates to be awarded December, 1974	2
Completion of 9 University credits	8

Completion of 5-6 University credits	37
Audited 2 or more courses	31
9 Family Day Care Parents have completed a total of 32 University credits beyond the 12 credit certificate.	

<u>Home Based Training</u>	<u>Participants</u>
Certificates awarded for completion of 6 Home Training topics	69
To be awarded or in process of completing	89
Withdrew	24
Special Project on "Making the Best Uses of the Home Environment in Family <u>Group</u> Homes"	10
Special Non-credit TV Series on "The Special Child" 5 programs by recognized experts on children with special needs--including list of resources.	
Slide/Tape presentations:	
"Caring for Children"	
"Because I Said So"	
"Let's Pretend"	
"Licensing: Boundaries for Child Care" (videotape)	

<u>Saturday Morning Workshops</u>	<u>Participants</u>
"The Wisdom of Wellness Awareness" (Health and Safety)	51
"Food Frolic" (Nutrition)	51
"Indoor and Outdoor Activities" (36 adults; 40 children)	76
"A Day Without Children" (Issues in Family Day Care) Family Day Care Association with staff liaison	90
"What You've Always Wanted to Know About Day Care and Were Afraid to Ask" (Taxes and Insurance) Family Day Care Association with staff liaison	70
	—
TOTAL	298

To Those Who Care--

Let me tell you about some of the things that have just "felt good" for those of us working with Family Day Care Parents:

*Watching the growing awareness and appreciation for Family Day Care as a valuable community resource--

- University faculty and agency staffs including Family Day Care Parents on Advisory Boards and Planning Committees;
- graduate students choosing Family Day Care for field research;
- a Family Day Care Mother being invited to teach a one quarter session in the Institute of Child Development Laboratory School;
- Family Day Care Providers invited to help plan and participate in state conferences.

*Seeing some Family Day Care Mothers emerge from isolation with a low self-image and move to a level of conscious awareness of their skills, knowledge, commitment and worth--

- Family Day Care participants in the field trip course beginning to surpass some of the teachers who joined us;
- Family Day Care Parents telling Day Care Center staff members some things "they need to understand" about relating to children;
- Family Day Care Mothers requesting a "women's course;"

*Knowing of the many linkages and supporting connections that are being made as we go--

- professionals from many fields giving their time to Saturday morning workshops and then, thanks to the interest and enthusiasm of their audience, offering continuing support and resources;
- Continuing Education people offering help and going away with some new ideas;
- media people reporting enthusiastically about the adult/child inter-action they saw in homes;
- our own project consultants being called upon to handle everything from personal problems to agency referrals;
- Family Day Care Parents themselves offering assistance and support to one another, organizing area meetings and county-wide workshops, negotiating with government agencies and community organizations.

Those are only a few of the things that have helped us to feel good about what we were doing. Like any demonstration project, we have made some mistakes--and Family Day Care Parents have been quick to let us know about them (and to offer suggestions for improvement).

We have been able to do all of these things in Ramsey County largely because of the unique combination of people there. Shirley Kluznik and her licensing staff at the County Welfare Department have been seeking training and support for Family Day Care for a long time. The training project was an old dream of Shirley's, and she has given hundreds of hours to help make it work. Gary Wingét, Director of the St. Paul Council for Coordinated Child Care, long ago recognized Family Day Care as a valuable component in the child care system, and he has worked selflessly for greater recognition and benefits for Family Day Care. In her work with various employment programs, Esther Wattenberg, Director of the Office of Career Development at the University of Minnesota, had already recognized the need for training and support for Family Day Care. When these elements came together with the support and input of a number of very hep Day Care Moms, things just had to happen. The resulting experience has been challenging, sometimes frustrating, but most often rewarding for those of us who became a part of the happening.

Kathleen McNellis, Project Director





Thanks

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Barry Morrow (pages 8, 9)

Project Director
Kathleen McNellis

We who worked on this book want to express our appreciation to all those who gave us their cooperation and support. Thank you for your contributions and help. And thank you especially to the children, without whom Family Day Care: A Self-Portrait would never have been.

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